AYURPRANA

SEQUENCE: CHEST

1. **Palming**
2. **Polarity Holds:** Opening Sequence
3. **Ears:** Karna pala, helix, karna pali, squeeze ears
4. **Sthapani to Adhipathi**
5. **Manta**{*light pressure*}
6. **Siramantha** {*light pressure*}
7. **Akshaka** {*light pressure*}
8. **Jatru**
9. **Apastambha**
10. **Hrid 1**
11. **Hrid 2**
12. **Hrid 3**
13. **Agra Patra**
14. **Kaksha or aka Kakshadhara**
15. **Polarity holds:** Closing Sequence

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